

THE SAME OLD WISH IN THE
SAME OLD FASHIONED WAY

A Merry, Merry Christmas to One and All

IRMA TIMES

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Explains Why Milk Cooling is Necessary

Nutritional authorities have proclaimed milk to be "the most nearly perfect food" for human beings. It is likewise an ideal food for numerous species of bacteria which, flavour of the milk. While care and cleanliness in milking and subsequent handling will keep down the number of bacteria in the milk to minimum, there will always be a small number present as it leaves the udder. If the number always remained the same as when the milk is first drawn into the pail, there would be little need to worry over spoilage. But unfortunately for the dairymen, bacteria are able to multiply at an enormous rate. Under favourable conditions some species are able to double their numbers every half hour, so that one bacterial cell at the start would increase to 1,024 cells at the end of ten hours! When we remember that the milk delivered to the city housewife generally at least thirty-six hours old, the importance of preventing bacterial growth is obvious.

To check the growth of bacteria, milk must be cooled promptly to a suitable temperature. Promptness of cooling is of value in conserving the so-called "germicide property" of the milk, as experiments conducted by the Division of Bacteriology, Central Experimental Farm, have demonstrated. This simply means that where milk is cooled without delay, and held at temperature high enough for moderate growth of bacteria to take place, the rate of growth will be much slower than if cooling had been delayed. Coming to allow enough temperature simply means making conditions so unfavourable that milk-spoiling bacteria will be unable to grow. This limit is reached at about 45, F, hence the efficient dairymen strives to cool the milk to below this temperature and to keep it there at all times. Details of improved methods for the cooling of milk, construction of insulated cooling tanks, etc., are given in Bulletin No. 165, "Cooling Milk on the Farm," which may be obtained from the Publications Branch, Department of Agriculture, Ottawa.

An Oral Speedometer

An inventor has just produced an oral speedometer that calls the attention of the driver of the automobile to his speed as follows:

At 25 miles it remarks: "The city speed limit has been passed. Is there a motorcycle policeman behind you?"

At 35 miles: "Too fast for city driving. We hope you are now in the country."

At 45 miles: "Your car is still under control, but watch the car behind and the car ahead of you."

At 50 miles: "Your responsibility is increased. Keep your eyes on the road."

At 60 miles: "Are your insurance premiums paid to date?"

At 70 miles: "You drive—this attachment will do the praying."

At 80 miles: "Probably someone will have this car repaired. If so, we thank you for the sale of another speedometer to replace this one which, in a few moments, is going to help along with you."

Here and There

The Canadian Pacific Railway supply farm, Strathmore, Alta., had the best Holstein cow in the four-year-old or over (not in milk) class at the Royal Winter Fair recently held at Toronto.

Banff Winter Sports Carnival will be held from January 31 to February 4, it is announced. The carnival will be followed by a series of sports week-ends, each being devoted to one particular type of sport.

The problem of truck-rail competition was declared a national one by S. Hayes, M.A., in a recent address before the Engineering Institute. He saw regulation and restriction in areas where the truck does not belong as the only solutions.

Christmas festivities this year will be enlivened by Japanese oranges of which 35,400 boxes arrived at Victoria recently aboard the Empress of Canada, for distribution to a number of Canadian cities. Five hundred boxes were left at Victoria and the fruit will doubtless feature in the Empress Hotel Yuletide celebrations.

Since October 1, 1930, a total of 101,765 people have been settled on Canadian farms or given farm employment under the auspices of the Dominion Department of Immigration and the two great transcontinental railway companies, according to a report issued by the Department of Immigration. \$9,236 of these people were settled without financial assistance.

Expression of confidence in a brighter business outlook in Canada, coupled with definite improvement in conditions throughout the Dominion, was made recently by H. J. Humphrey, general manager, Canadian Pacific Railway, eastern lines, in an interview during his trip of inspection to the Maritime provinces prior to the opening of the winter navigation season.

Five ports hitherto not touched at by world cruises—Penang, Straits Settlements; Semarang, Java; Boeleleug and Padang Bay, Bali; and Zambouanga in the Zulu Archipelago—have been added to the 1934 itinerary of the Canadian Pacific liner Empress of Britain, sailing from New York January 4. The cruise will cover 133 days and 30,916 miles and will return to New York May 14.

Special low fares with generous time limits for the return trip will be available on Canadian railroads for the Christmas and New Year holiday periods, it is announced by C. P. Riddell, chairman, Canadian Passengers' Association. These low rate tickets will be good between all stations in Canada and also between points in Canada and certain United States connections.

NO ISSUE OF IRMA TIMES, DECEMBER 29

Owing to the holiday season, there will be no issue of the Irma Times on Friday, December 29th.

Business as usual commencing with the New Year.

STRAYED—TWO-YEAR-OLD RED and white steer, nick out of under part of left ear; short, thick horns. Branded FF over bar on left shoulder. Please notify Frank Ford, Irma, Alberta. 15-22p

Gas Line Hockey News

Irma Hockey Players Hold Tofield to a Draw

A regular hockey league fixture was played at Tofield on Monday, December 18th, when Irma visited that town.

A hectic struggle for points ensued right from the first bell, and at the end of the regular sixty minutes the score was three-three.

An extra time of thirty minutes was played and still the score was the same—neither team being able to break the tie.

The Irma team was badly handicapped by having only seven players on the ice and great credit is due these boys who made the long trip to Tofield and then played ninety minutes of fast and furious hockey to hold the local team down to a draw.

R. Schoneret was the first to find the nets to score a beautiful goal during the first period which ended 1-0 in favor of Irma.

At the end of the second period the score was tied 2-2. F. Lukens scoring again for Irma. Each team scored again during the third period and Lukens netted Irma's third goal.

Extra time was played which resulted as above. To pick out any player who may have starred in the game would be impossible, as each and every one played a wonderful game as the score indicates.

Timely Thoughts For Christmas

The following is a timely message that the leaders as well as the rank and file of the people should meditate upon at this season of the year.

"Never did the world need more than now to hear the authoritative voice of Jesus."

If we are to bring order out of chaos, peace out of conflict, brotherhood out of class and group, we must return in humble spirit to the Bethlehem manger, to the Nazareth shop, to the market place, the seashore or the mountainside, where the message of Jesus was spoken to the hearts of men.

Jesus believed in man. It is well to emphasize this fact in an age of cynicism. There was no room for despair in His philosophy. He came into a world where force and fraud and oppression prevailed, and to the hour of His triumphant death He never doubted that love and justice and freedom were possible in human relations.

Jesus believed in man as a potential Son of God. His ideal for society contemplated the emancipation of man from the control of material things. Mammon should not rule; there should be no occasion for anxious thought concerning any need of the body; the spiritual nature of man should be free to realize its highest destiny.

In the program that He worked out, He tolled at the bench He planned that service should be the motive and co-operation the method in human industry. We have substituted self-advantage for service, and mutual exploitation for co-operation. While these rule in motive and method we shall never realize the happiness He desired for us—the happiness we seek.

Jesus set small store by charity. The philanthropy of almsgiving was to Him a mere cloak for the imperfections and inequities of human relations. He put all the emphasis of His teaching and example upon justice and love. In a world where these prevailed charity would be unnecessary.

We have travelled so far from the ideals of Jesus it is not easy to restore them. But there is no other way to find a permanent solution for the troubles that disturb us. His road is the only road. It involves sacrifice. We cannot avoid the cross. But beyond Calvary lies the realization of our hopes.

It is not enough that the spirit of Jesus should be worshipped in our

Viking Leads in the Gas Line League

On Thursday evening last leadership of the league was at stake when Irma and Viking skated onto the ice. Each had three points each of five games. Each had won and tied a game and together they led the procession. The setting therefore could not have been better when Umphrey faced-off the puck.

From the face-off it could plainly be seen that there was to be no loafing on either side. The visitors worked hard, skated fast and in centre had fully their share of the play. Many robust checks were handed out with reckless abandon, much hickory was swung at the elusive disc, and some shins were the worse for the swinging but little if any real intention of dirty work was done and the feeling prevailing between the teams was as good as could be expected considering the seriousness with which each team faced the task of eliminating its opponent. Eleven minutes had been ticked off before Dorsey batted in a pass from Svenson who was swung at the elusive disc, and he was forced into the boards behind Irma's net but using his head nicely laid down a fine pass to Dorsey who in characteristic manner proved to be in the right place and who made no mistake as his shot from point blank range.

In a futile attempt to get the ever elusive puck back into play, the result of two Bob McAttey broke away, outwitted the remaining defence and Dorsey again scored from Bob's pass within just one minute of his previous career. Viking were visibly relieved but Irma with their usual indomitable courage fought bravely all through. In the second verse of the piece, play got even faster and both goals were some smart saves when goals seemed to be in order. The period was well along before Archie Hardy got in a wicked shot on Svenson's net which rebounded to Ronnie McLaren who, looking for just such a thing to happen, returned the shot like a bullet, finding the upper left hand corner of the net. Dorsey, Svenson and Gallagher also had nice chances which either missed, fire or were cleverly handled by Yoeman. While the McGuire brethren and Ray Martin were always dangerous for Irma. In the third period Irma cast caution to the winds and if sheer hard work were worth anything then they should have at least got a marker or two before the final whistle. Lacking while our defence was outstanding and Gray McLaren in goal had one of his Scotch nights and wasn't giving anything away. With about two minutes to go, Jack McAttey hoisted a lone one from centre ice which neither the defence or goal keeper saw and the score ended 4-0 for Viking.

Penalties were even at four for each team. Viking has now won two and tied one, leads the league with 5 points and has scored 14 goals against one scored by her opponents and she needs just three times as many cash customers at the next game against Holden here on Wednesday, Dec. 20. We have a great team. Let's get out and help them along.

temples or revered in our homes. It is not enough that His sympathy and help should be expressed in our hospitals, for orphanages, our institutions for the poor and the afflicted. To be satisfied with this is to evade the real challenge of His message and to lose the real meaning of His promise.

The spirit of Jesus must be brought into factory and mine and bank and railroad system; into store and office. It must reveal to us that man is more than the machine with which he works; that material wealth was meant to be the servant, not the master, of the human soul; that the making of a life is the supreme thing, for which the making of a livelihood is merely incidental.

Until we get this vision, we will approach the solution of our problems without true understanding. It is time that men who believe in Jesus should make their faith count—not merely in religious observance, but in human relations; in civic duty; in business; in industrial management; in the tasks of office and work.

The hope of the world rests upon the leadership of Jesus."

Here and There

One of the largest cargoes of lumber shipped from Saint John on the Canadian Atlantic sea coast was forwarded to Great Britain recently. It consisted of 3,943,596 feet, mostly of deals.

Output of nickel in Canada in 1932 totalled 30,327,968 pounds valued at \$7,179,562. Production during the first six months of 1933 amounted to 22,802,434 pounds as compared with 21,162,786 pounds for the corresponding period of 1932.

Every home at some future date will have "air conditioning" and the word "heating" will pass out of use among home owners, J. J. Donovan, General Electric Company expert, told a largely attended meeting of the Electrical Club at the Royal York hotel, Toronto, recently.

Steep grades of the Rocky Mountain area presented no difficulty to the Royal Scot, crack British flyer, en route to Winnipeg and the east from Vancouver recently. The all-British train is attracting great popular enthusiasm throughout Canada on its return journey to Montreal.

Montreal's "million dollar hole" on Dorchester street, where a railway terminal was to have been built, will become the world's most costly sunken garden, if Canada sens eyes to eyes with a couple of Montreal aldermen who advocate beautifying the gash with flowers and shrubs.

Canadian Pacific employees under 21 and minor sons of employees are again offered the opportunity of two University of Montreal scholarships by competitive examination, according to an announcement by Grant Hall, senior vice-president of the company. Applicants have until May 1, 1934, to make application.

Twenty-one months of training in a recognized shop, minor matriculation or its equivalent and a course in an academy to be established in Toronto is the ordeal for Ontario registration as barbers and hairdressers. It was stated at a meeting of tonsorial arbiters at the Royal York hotel, Toronto, recently.

Five ports hitherto not on the schedule of World cruise liners have been added to the 1934 itinerary of the Canadian Pacific liner Empress of Britain when she leaves New York, January 4 next. They are Semarang, Java; Boeleleug and Padang Bay, Island of Bali; Penang, Straits Settlements; and Zambouanga, in the Zulu Archipelago.

In making a choice between transportation by rail and by road, shippers should consider what the railroads are doing and have done for the advancement of G. G. O'malley, development commissioner, Canadian Pacific Railway, told the Rotary Club of London, Ontario, recently. He cited many cases where the railroads had first inventoried, then developed the natural resources of the continent.

ANNUAL NEW YEAR'S DANCE, KIEFER'S HALL, JANUARY 1st

Posters will soon be out announcing the big New Year's dance to welcome in nineteen thirty-four. This annual affair will take place in Kiefer's hall on the evening of January 1, 1934, commencing at 8 p.m. Coulman's orchestra have been engaged to furnish the music, and you know that means "the best will prevail."

Still Great Need of Christmas Spirit

The Christmas season is with us again, and there is every reason to emphasize the need for the Spirit of Goodwill and friendliness, which we associate with Christmas. Conditions are still discouraging and there are many who are suffering from privation. The world is in great need of the true Christmas spirit, for only as good will and friendship invade all hearts will there be the earnest effort to improve conditions. God's goodwill toward us gave us Christ as Saviour; but our own selfishness prevents Christ from having the right of way in human life. If we would only let Him reign in our hearts we would be better and society would be better and life would be the happier.

May we each one give Christ room in our heart that we show goodwill and friendship in all our relationships. So may Christmas bring its happiness to all, and may that happiness last throughout the year.

Owing to the inclement weather conditions, the services in the country will of necessity be discontinued. Should improvement take place before the end of the week, the services will not be withdrawn. The service in town will, of course, be in keeping with the season.

The Sacrament of the Lord's supper will be held on Sunday week after the evening service.

AVONGLEN NOTES

The whist drive at Avonglen on December 15th, owing to severe weather, only had 7 tables to play. However, a most enjoyable evening was spent by those who were near enough to get to the school.

First went to Mrs. Allen and Mr. Lennes Myers; seconds to Miss Simpson and Mr. Hudson; consolation to John Goodwin and Marion Carrington. Lunch was served by the committee—Mesdames Myers and Allen. The next social evening will be on January 5th, 1934. Mesdames Shotts and Carrington are the committee.

Sponsored by Avondale U.F.W.A., "Yimmie Yonson's Yob" will be played at Avonglen school on Wednesday evening, December 27th, 1933. Those who missed the pleasure of seeing this exhibition at Carron's hall will have an opportunity of seeing it. A dance will be held after the play. Admission to play: Adults 35c; school children (under 15 years of age, 10c); under school age, free.

A want ad. in this paper does big work at small cost. Now is the time to sell, trade, or exchange for something else.

Shipping Hogs

WEDNESDAY, DEC. 27th

Highest Prices Paid

Foxwell & Johnson

PHONE 13

Wishing One and All a
Merry Christmas
and a
Better New Year

J. C. McFarland Co.

Hearty Christmas Greetings
AND ALL GOOD WISHES FOR YOUR

WELFARE AND HAPPINESS IN
THE COMING YEAR.

Foxwell & Johnson

The Management Personally Wish You All a
Merry Christmas
and that Peace, Happiness
and Goodwill be with
you all for many
years.

IRMA TRADING CO.

MORE ECONOMICAL

Plug tobacco is the smoke for thrifty men—it burns $\frac{1}{2}$ longer in the pipe—gives $\frac{1}{2}$ more enjoyment for the money.

DOXIE

ONLY 20¢ A BIG PLUG

A Happy Warrior

Many letters and postage parcels being delivered to people in Canada and the United States these days bear a little stamp in addition to the regular postage stamps. To a steadily increasing extent at the Christmas season these little extra stamps are in evidence on our mail.

What do they mean? What object do they serve? What message do they bring?

They bring a message of Christmas greetings and good wishes from the sender of the letter to the receiver of it. The regular postage stamp is a purely business stamp, a notification and receipt, as it were, that the carrying charges on the letter or parcel have been paid. But this other little stamp appearing on the reverse side of the letter from the address side is a very personal thing, carrying a purely personal message.

But there is nevertheless a business aspect to these unofficial stamps. The question has been asked, what object do they serve? The answer is that through the sale of these little stickers for our mail, money is raised for one particular purpose, and that purpose is to urge unremitting warfare throughout the year upon the dread disease of tuberculosis. And it is at the time when all people recall the Christmas message of "Peace on earth, goodwill toward men," that this little harbinger of hope makes its annual appearance.

One cent is not a large sum of money, and that is the price of one of these little stamps. But when thousands of people buy a stamp, ten stamps, one hundred stamps, and the total sale of these stamps runs away up into the hundreds of thousands and millions, and the one cent pieces roll into the coffers of the anti-tuberculosis organizations in hundreds of thousands and millions, it means that many people all over this great continent are going to receive preventive treatment against tuberculosis which otherwise they could not obtain. It means that a danger and a threat to every home throughout the land will be discovered and steps taken to remove it. It means that countless numbers of children will be saved from this dread disease to live lives of good health and usefulness whereas otherwise they would probably fill an all too early grave.

But these little stamps serve still another purpose. They mean more than a Christmas greeting and a simple practical method of raising money for a great health and humanitarian purpose. They come into the homes of the land on letters and parcels once a year with a kindly warning. They ask us to take note of them, to stop and consider what they represent; and they bring a further message into every home they enter—an urgent request that we check up on ourselves and our homes once again to ascertain whether or not we are living under conditions, or indulging in habits, conducive to the contraction or development of tuberculosis.

The message of these stamps is to educate people to prevent tuberculosis from getting even a foothold, just as the practical object of their sale is to raise funds to maintain educational preventive agencies all the year round and to provide means of stamping out the disease in its very earliest stages where it has unfortunately obtained a foothold.

So, to the man, woman or child who has a nasty, persistent cold, the stamp on your mail says: Beware; do not neglect that cold, take steps to stop it at once, and if it doesn't stop see a doctor without loss of time. It says to the boys and girls who get their feet wet, and to their mother, get those wet boots and stockings off, dry and warm those feet; it points a finger of warning in homes where there is a lack of pure, fresh air, and says: open the windows and let in all the sunshine and air you can, winter as well as summer.

Because this little stamp means so much, carries such important messages and performs such a highly important work, the more of them that are started out on their mission the better. Individual readers of this article may never know how much actual good they have accomplished by placing these stamps on their letters and parcels during the next few days. The few cents they cost will be put to good purpose, and you may thereby be directly responsible for the saving of a life. The message the stamp may carry on your letter into the home of a friend or relative may result in greater care to prevent tuberculosis being taken in that home. Possibly the stamp on a letter received by you has caused you to do some serious thinking; return the favor by sending a stamp into some home where like beneficial results may follow.

No Doubt About It

A shopkeeper was persuaded to insure his premises against fire. After the formalities had been completed the shopman said: "Now, let me understand this property. If my shop goes on fire tonight, how much will I get?" "Well," said the agent with a grin, "taking recent events into consideration, I should say about ten years."

A business man says it is the easiest thing in the world to earn a hundred pounds a week. But it is difficult to get paid that much.

Grasshopper Destruction

Farmers of Saskatchewan have lost approximately \$20,000,000 in cash as the result of grasshoppers' destruction last summer, according to unofficial figures obtained from officials of the wheat pool. The Department of Agriculture and secretaries of municipalities. Actual figures, however, have not been compiled and will not be available until November, 1934.

A monument to Hinkler, the Australian aviator, was unveiled recently in the Alps at the spot where he crashed.

During the last financial year 11,974,588 pounds of seed purporting to be for seeding purposes were admitted into Canada.

Health For Young Girls Happiness For Tired Women

Thousands of women become tired and run down, become thin and pale, and profound weakness makes life a burden. The whole outlook of life is changed when the nervous, sick headaches, the sleeplessness, the spells of dizziness, of weakness and discouragement, and the tired, languid feelings disappear with the use of Milburn's H. & N. Pills. They tone up the nerves, enrich the blood, and bring the health back to normal.



Assist Fur Farmers

Amendments To Regulations Under Saskatchewan Fur Act

Saskatchewan's legitimate fur farmers will receive relief from royalty payments on farm-raised, fur-bearing animals through amendments to the regulations under the Saskatchewan Fur Act, provided for by order-in-council.

These regulations provide for no collection of royalties on silver black foxes, fisher or marten, bred on a licensed fur farm, and provides also for the rebate of all royalties collected on all other furs except muskrat, where sufficient proof is provided that the pelts were from animals actually raised on the farm.

In the case of all furs, with the exception of fox, fisher or marten, royalties are collected, and are subject to rebate in a similar manner to the way in which gasoline tax refunds are made.

The new regulations also make provision for the abolition of fees for import permits, although such permits are still required. Such permits will be issued free of charge.

Relief is also granted to those purchasing pelts. Formerly purchasers were required to pay 25 cents per pelt, but now such has been reduced to "a fee equal to the royalty" which would be due and payable on such pelts.

Code Of The Hoboes

Do Not Seek Something For Nothing And Scorn Hitch Hikers

While they lost no time in drawing up a code of fair practice, the Hobos of America as represented at their annual convention find that "riding the rods" of box cars has become even too hazardous for the veteran "hobs," what with the new single rods and the high trucks now in use. But the hoboes still scorn the hitch hiker and do not seek something for nothing. The code for the "itinerant workmen" provides: Hoboes will not wash dishes or otherwise work in a restaurant for meals—such might take work away from a man with a family. Pay for cleaning snow off walks shall be 50 cents an hour and the same rate applies to shovelling coal or cleaning windows. Hoboes may chop some wood on farms in exchange for a bed in the barn or a meal, but shall not chop all day for those awards.

Dairy Convention

Saskatchewan Meeting To Be Held In Regina In February

A Saskatchewan-wide dairy convention will be held in Regina on February 6 and 7, it was announced by Thomas Watson, Prince Albert, president of the Provincial Dairy Association.

Dairy producers and manufacturers will hold separate sessions on the opening day. Factors affecting the production of milk and marketing problems will be dealt with by the producers, particularly in regard to the fluid milk and cream trade. The manufacturers session will have under consideration matters of plant operation, and butter and cheese production.

Joint sessions will occupy the second day, when problems of general interest will receive attention.

Makes Crossing Easy

Test Of Germany's Mid-Atlantic Aerodrome Was A Success

The proposal that a series of great floating pontoons be anchored at intervals across the Atlantic from America to Europe, thus serving as stepping stones for trans-oceanic airplanes, is not new, but evidently it has remained for Germany to put the idea into practical use. The Westfalen is anchored in mid-Atlantic in preparation for the proposed regular air mail service between Germany and South America. In a recent test flight a plane reached the ship in six hours from Bathurst, Africa, then took off and reached Natal, Brazil, eight hours and 50 minutes later, thus crossing the Atlantic in under 15 hours flying time.—Christian Science Monitor.

Very Important

A young lady was having her first lesson in motor driving. The expert was at some pains to make her understand the action of the brakes. "The hand lever," he explained, "brakes the rear wheels only, but the foot-pedal brakes all four wheels. Now, is that plain?" "It is," answered the pupil with a trace of annoyance. "But what is going to happen to me when all the wheels are broken?"

More than 21,000 people are employed directly and entirely in the construction of air craft and air engines.

EXCESS FAT DUE TO RHEUMATISM

One Remedy for the Two Troubles

Having rheumatism so badly that she could scarcely walk, this woman began to put on a load of superfluous flesh. In a letter just received, she writes:

"I had a severe attack of rheumatism in both knees. It was so bad that for three weeks I could not put my feet to the ground. I was also getting terribly fat—through not getting my usual exercise. I started taking Kruschen, and persevered. The first thing I noticed was the tonic effect it had; the next that my rheumatism went, and—better than anything—I lost the weight. I am a woman of 50, and when I tell you I do exactly the same work as women half my age without the least difficulty, I think you will understand why I swear by Kruschen Salts and recommend them wherever I go."—M. E.

The six salts of Kruschen assist the internal organs to throw off each day the waste and poisons that encumber the system. Then, little by little, that ugly fat goes—slowly, yes—but surely. The rheumatism and headache disappear. You feel wonderfully healthy, youthful and energetic—more so than ever before in your life.

Simple Faith

Religious Character Of Late General Sir Arthur Currie Is Illustrated

As illustrating the religious character and fundamental faith of the late General Sir Arthur Currie, an incident of the early post-war days of 1919 in England is recalled here by Norman Sommerville, prominent Toronto K.C.

Britain was then in the throes of the reactions of war's end. Strikes and general unrest prevailed. All sorts of remedies were being suggested. Sir Arthur and Mr. Sommerville met in the studio of Richard Jack, of the Royal Academy, who was painting the Canadian general's portrait. Talking over the conditions of the time Mr. Sommerville asked Sir Arthur what in his opinion was most essential to bring about real social and industrial contentment and progress.

"Just this," said Sir Arthur, fervently, "Britain must get back to the Bible and to family worship and there find peace and comfort."

Sale Of Prize Cattle

Good Prices Obtained At Royal Winter Fair

Sale of prize cattle at the Royal Winter Fair found numerous buyers with the grand champion Aberdeen Angus steer, owned by Howard T. Fraleigh, of Forest, Ont., bringing \$432.25. The steer, weighing 1,235 pounds, was sold for 35 cents a pound.

An average price of 8½ cents a pound was obtained for the champion carlot of cattle exhibited by the Canadian Pacific Railway farm at Stratmore, Alberta. The second prize carlot, exhibited by the McIntyre Ranching Company, High River, Alberta, also brought an average figure of 8½ cents a pound.

The "Prince of Wales" Shorthorn steer from his ranch near High River, Alberta, tenth in its class, was bid up to 14 cents a pound before sold.

India To Have Exhibition

Asking Machinery Firms All Over World To Send Exhibits

Invitations are being sent to machinery manufacturers in all parts of the world to send exhibits to the exhibition of Indian industries that will be held in Delhi next February. The Association for the Development of Swadeshi (Home) Industries is organizing the event, which is intended to show the development being made in India's home industries. The organization has achieved much success in promoting the "bootleg" type of industry in which the work is done at home or in small shops. It also has helped in launching large enterprises. The promoters say that these industries soon will need machinery, ranging from those turning out agricultural and mining instruments to those producing toys.

"Is this Peabody, Finchley, Longworth & Fitzgerald?"

"Yes, this is Peabody, Finchley, Longworth & Fitzgerald."

"I want to speak to Mr. Smith."

NERVOUS, SLEEPLESS

Mr. Wm. Dowling of 5 Hamilton Road, Longworth, writes: "I was a nervous man, my appetite was poor, I suffered from pains in my back all over. But the Golden Medical Discovery produced a wonderful change, so I continued to use it until I felt normal again."

Write Dr. Pierce's Clinic, Buffalo, N. Y.

Juvenile Law Too Lenient

Woman Magistrate From England Has Had Seven Years' Experience

Seven years' experience as presiding officer at the Juvenile Court in St. Pancras Division, London, England, has led Mrs. Philip Bright, J.P., to believe that children who break laws are often treated in too lenient a fashion, particularly when they repeat offences. "I admit," said Mrs. Bright when interviewed at Montreal, "that I am one of the few women judges who has ever ordered a boy to be birched. But the boy was a repeated offender and I must say that after he had been birched he never again appeared in the court before me."

No children appear in juvenile court in England until they are eight years of age and are considered juvenile cases until they reach 17. Mrs. Bright pointed out the "whole atmosphere of the juvenile courts are one of informality," she explained, the police officers testifying in civilian clothes instead of the awe-inspiring blue and brass. She felt this system had acted as a boomerang as it tended to do away with much that would impress the errant boy or girl with the majesty of the law which they had broken.

As long as the mother was "all right," Mrs. Bright said, it was felt that the children of the family could easily be led back into paths of rectitude from which they might have strayed, regardless of the character of their father. But if the mother was "too good" for the work of the Juvenile Court Officials was regarded as a colossal task, whether the fathers were a consistent offender or whether he was a law-abiding man.

She is a firm believer in the sanctity of marriage, and would make it more difficult than more easy to get divorced, except when one partner in the marriage was a habitual criminal or is found to be incurably insane. Crime conditions have improved very considerably in Britain, Mrs. Bright said. "We are closing prisons in England—not building them," she added.

Revaluating The Horse

Demand In Recent Months Has Over-taken The Supply

It is arguable that farmers in the long run can do as much for themselves by revaluing the horse as by devaluing the dollar. Students of the agrarian problem know that no small part of the farmer's troubles is due to the gasoline engine, which has been displacing the horse and so robbing the farmer of an outlet for his hay and feed. Millions of acres have thus gone out of cultivation. In 1920 there were more than 20,000,000 horses on the nation's farms. In 1930 they were down to 13,500,000.

Since the depression the horse has been coming back. A bulletin of the Horse Association of America says there were on March 1 this year, 15,250,000 horses on the farm. Receipts of horses at the public stock yards in the first eight months of this year were nearly 30 per cent. higher than for the same period last year. One depression argument is that when farm prices are down it costs less to feed horses and mules than to feed tractors.

Time has its revenge. Tractor agents in the past no doubt warned the farmer against draught animals which ate their heads off. The farmer now wants all the horses and mules he can find to eat their heads off. He still has foodstuffs to sell.—New York Times.

Alcoholic Poisoning

Many Deaths From This Cause Says University Professor

Prof. Josely Rogers, assistant professor of chemistry at the University of Toronto, addressing the Women's Canadian club, stated that more people died of alcoholic poisoning than all other causes added together. Ten per cent. of these died from drinking good alcoholic beverage; 75 per cent. died from bootleg or bath tub gin. He pointed out the potency of home-made alcohol and its ability to knock a man out—something which was a fact but which was not understood by chemists. The danger in drinking one's own wine or alcoholic beverage was obvious he said.

"Hello, Jones. Got a new car?" "Yes. I went into the garage to use the phone and I didn't like coming away without buying something."

A naturalist says that African natives consider elephant meat a feast, but to a white man it is tasteless and most unpleasantly gummy to the teeth.

It is a noticeable fact that most of us only consider religion when we are in difficulties.

Too Much Uric Acid

is a very common cause of Rheumatism, Sciatica, Lumbago. Deranged kidneys allow an excessive amount of uric acid to accumulate. Take Gin Pills to give relief while they are assisting your kidneys to function normally.



Multi-Colored Bricks

Building Bricks Of Various Hues And Tints Now Having Vogue

In recent years there has been a marked improvement in England, particularly in the south, in favor of multi-colored rough-textured bricks, states a report, issued recently by the Department of Scientific and Industrial Research, on the building brick industries.

The colors range from white, yellow, tan, brown, red, to purple, blue, black grey with variegated and mottled tints. Descriptions such as "autumn tints," "cherry red," "brindled," "dark strawberry," "orange red plum," "silver grey," "golden grey," "pot-pourri," "brown mottled brick," found in catalogues, give an indication of the wealth of vivid colorings.

But these are greatly outdistanced by the Americans. Urged by the recent enthusiasm of architects for color, they have achieved a remarkable range of gradation in light shades—white, cream, stone, limestone, grey to match natural stone, iron buff, golden buff, as well as in vivid tints of tangerine, toasted brown, pinks, greens, reds, blues and purples. They have reproduced the tints of the sycamore and its foliage, red, grey, golden brown, green and fawn.

Reference is made to the adoption in American skyscrapers of flowing color schemes, wherein hue is superimposed on hue, or where the contrasting of light and dark is used in columns running to the height of the building, thus emphasizing the vertical construction.

Celebrate Radium Wedding

Couple In Devon Have Been Married Seventy Years

In the little village of Axmouth, near Seaton (Devon), the two oldest inhabitants have celebrated their "radium wedding."

And in case you don't know what a radium wedding is, it represents seventy years of conjugal bliss.

The couple are Mr. and Mrs. Henry Hoare, each aged about ninety.

They were born at Axmouth and married in the village church. They still live there, though they were away from the old village for many years, for Mr. Hoare served his full time with the Metropolitan Police. His reminiscences of police work in London are worth hearing, for he has vivid memories of the Jack the Ripper murders, being closely connected with the police investigations.—London Sunday Pictorial.

One Of Valuable Furs

One of the few genuine chinchilla coats now in existence belongs to a well-known woman, and has been valued at \$40,000. She is having it cut up into two small capes for the autumn. The chinchilla is now practically extinct. One of the remaining coats belongs to the Queen of Italy.

Germany is splitting up unaccountable large estates into small farms.



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brings better, easier, cheaper cooking. Cakes, puddings, etc. Holds full measure of grease, fat and vegetables. Inexpensive. Each sheet can be used over and over. All dealers, or write direct to:

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AFTER 50

Scott's Emulsion is a great comfort. It warms, strengthens, enriches the blood. The emulsifying process makes it easy to digest.

SCOTT'S EMULSION
RICH IN VITAMINS

OCCASIONAL WIFE

By EDNA ROBB WEBSTER
Author of "Joretta," "Lipstick Girl" Etc.

SYNOPSIS

Camilla Hoyt, young and beautiful art student, and Peter Anson, a struggling sculptor, fall in love and marry secretly, deciding to live apart until the time Peter can establish himself. Camilla, the adopted daughter of wealthy parents, is not to inherit money when she comes of age. She is preparing herself for life with a course in commercial art, hoping to get a job to enable her to support herself. She has been making the rounds of the agencies. Peter, working in his studio on an idea for a figure with which he hopes to win a scholarship to study abroad, receives a call from a beautiful model, Sylvia Todd, who offers to work for almost nothing if he will employ her. He cannot afford a model, but promises to think it over. Peter discusses the matter of a model with Camilla and decides to employ Miss Todd. Together Camilla and Peter decide on their future. They are at the height of their happiness.

(Now Go On With The Story)

CHAPTER XXI.

Sylvia Todd was doing her best to be comfortable in her over-furnished apartment that was just three short blocks from Annex Hall where Peter had his studio. A huge electric fan contributed its tireless efforts in her behalf, collaborating with a sweating bottle of ice cream, and a five-pound box of chocolates and a dozen assorted pillows. Evidently, Peter's dollar had expanded its usefulness. The telephone jingled at Sylvia's elbow.

She picked up the instrument and drawled languidly, "Yes."

"Miss Todd?" inquired a guarded voice. "What did you do?"

"Say, he wasn't going to enter that exhibit at all," Sylvia's tone was beligerent, as if she suspected that it was not as it appeared on the surface.

"Impossible! He just told you that to get rid of you. Didn't you get the work?"

"Wait a minute! Not so fast, or I'll hang up on you. I was the one who made him reconsider the thing, and I'll bet I get the job. He promised to let me know tomorrow."

"You're sure he wasn't stalling?"

"Not a chance. If he decides to do the work, I'm the model, all right. Leave it to me and call tomorrow night. Say, he even gave me a dollar for my dinner," she laughed triumphantly.

"He would. All right. Miss Todd, I'll call about this same time tomorrow evening."

Sylvia clattered the telephone into place and resumed her sipping of ginger ale with a shrewd smile. Her image was reflected in a mirror on the opposite side of the room, for which gratifying purpose the chaise longue was placed at its particular angle. To that image Sylvia nodded

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WANTED—ONE THOUSAND
Co-partners within thirty days—Only those willing to co-operate in dignified, profitable, strictly legitimate business need apply. Sample, full information, 25 cents. Refund coupon to inquirers. W. T. Downey, Brantford, Ontario.

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HEAVY WAXED PAPER
Has a hundred uses. Always have a box in the kitchen.
Appelhof PAPER PRODUCTS
HAMILTON, ONTARIO

W. N. T. 2024

and observed aloud, "Who knows? I may go into this thing on my own interests. He is keener than I expected him to be. But I'll work along with the boss, until I see where I stand. Safety first for yours truly."

So Peter began work on his piece for the exhibit. Into it, he put his whole soul and mind, for he was no half-way man about anything he did. Eagerly concerned as she was in his progress, Camilla did not intrude often upon his time and solitude. She never went to the studio during working hours, and most of their time together was given to walks in the park or meeting for dinner to talk things over and absorb new courage and inspiration from their companionship.

Already, Camilla was apprehensive about her own future, because she seemed only to meet with pessimism and panic everywhere. But she gave Peter no hint of her anxiety, striving to pour out for his encouragement a larger measure of hope and confidence than she herself possessed. Added to her increasing fear for her own future, was an atmosphere of disapproval and upheaval at the Hoyts. As Camilla staunchly maintained her preference to become independent, Mrs. Hoyt grew more antagonistic to everything she did. It became increasingly difficult for Camilla to see Peter without admitting how much and how often she did see him. That Peter called for her occasionally, Mrs. Hoyt knew; but that Camilla spent hours with Peter which she accounted for vaguely as shopping, a matinee, interviewing employers or driving with the girls, she was not aware.

Still, Camilla was seeing too much of this man who was nobody and had nothing except an ambition, Mrs. Hoyt had concluded. Of course, she forgot that was original status of all people who really accomplished important things. Her attitude toward Camilla's welfare was an enigma to those who knew the circumstances. She had relinquished all responsibility for the girl after her twenty-first birthday, yet was zealous in her efforts to interest Camilla in a marriage which would provide her a fortune.

She began to arrange special opportunities for Terry Wayne's convenience. He was perhaps the most eligible of Camilla's following. He answered favorably all the items on her questionnaire of qualifications.

In July, the Hoyt household removed to their summer home at the Resort Club on the lake shore, which complicated the situation for Camilla in some respects and improved others. She was farther away from Peter while at the club, but freer when she drove into town on personal errands.

Another twist in Peter's pride was his refusal to drive with Camilla in her handsome, glittering roadster. Of course, it would be delicious to sit beside her with the wind blowing against their faces and snatching at their clothes with clownish glee, flashing along smooth highways between shimmering fields and cool, fragrant woods; but it would have to be his own motor car in which they drove. So Camilla did not urge him, and never mentioned the subject again after his first terse refusal. She understood. But being still Camilla Hoyt in the eyes of the world, she motored about on her own affairs alone or with the girls occasionally.

It was during their second weekend at the Resort Club that Camilla returned from the city to find the house filled with energetic guests. Gay repartees and laughter floated out to her as she drove to the garage, the veranda flashed with vivid sports frocks, and bathing suited forms already lolled on the beach.

She approached the veranda with inquiry on her face. Mrs. Hoyt, in her most gracious and grande dame manner, offered brightly, "Surprise, my dear, I was afraid it had been rather dull for you out here, so I arranged a little house party for the weekend. All of your best friends are here."

Camilla could not summon even that enthusiasm which she believed the gracious gesture warranted. "That was sweet of you," she said vaguely. "Hello, everyone."

"It must be very warm in town," Mrs. Hoyt was solicitor.

"Warm—like a furnace," Camilla observed.

"Well, come along and get a suit on," ordered Cathie Harris. "Some of us were polite enough to wait for you, even though we're sweating in here while the cool waves mock us. Everybody on the beach in five minutes!"

"What's the p-nalty?" demanded Terry Wayne.

"That depends upon who pays it," Cathie retorted. "The judge will decide the verdict after the offense."

Camilla was poised on the end of the springboard like a winged goddess in her brief seashore suit, albeit, set against the vivid blue of the sky

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More Cigarettes for the same Money...
Poker Hands, too.

Make no mistake—"roll-your-owners" who know a thing or two, are smoking Turret Fine Cut these days.

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SAVE THE POKER HANDS

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Remember, too—you can get at our Poker Hand Premium Store, or by mail, 5 large booklets of "Vogue" or "Chantecler" cigarette papers free in exchange for one complete set of Poker Hands.



Change In Locomotives

Railroad President Predicts That Gas Will Replace Steam

The days of steam locomotive, with its belching smokestack and hissing cylinders, are definitely numbered. In the opinion of Fred Sargent, president of the Chicago and Northwestern Railroad.

Single unit gas and electric locomotives of various designs will gradually supplant the iron horse in both suburban and long haul service, Sargent believes. The single unit system is more practical, flexible and economical than either steam or a comprehensive centrifugal electrified system.

"Elaborate studies made by Westinghouse and General Electric show that it would cost at least \$60,000,000 to electrify the three suburban branches of the Northwestern with a fixed power plant system," said Sargent.

"I predict that within eight or ten years, possibly sooner, the gas unit or electric engine will be so far developed that it will take the place of steam on American railways."

Fishing In Madagascar

Natives Find Living Fishhooks Fine For Purpose

When you go fishing in Madagascar you don't always use a rod and hook, you just get a piece of stout line and a fish called a hamby, all alive and wriggling, and let him do the fishing for you! This strange inhabitant of the sea, is about as long as a man's arm and its back fin is just like a brush, covered with a thin layer of some sticky liquid like gum.

When this brush fastens on to another fish, that unlucky fellow is held fast and secure, and the fisherman who is using the hamby, just hauls in the line, detaches the captured fish, and puts his "swimming hook" in the water again! These "living fishhooks" last for years, because the natives keep them in wooden cages, which they fasten in the sea. Needless to say, this useful fish is fed regularly every day by its owner, the chief diet being rice or small fish.

Not only fish, but even turtles are said to be caught in this extraordinary manner.

The famous Dead Sea of Biblical history, now owned jointly by Palestine and Trans-Jordan, is estimated to contain 43,000 million metric tons of chemical salts.

Great Bear Lake (11,660 square miles) in the Northwest Territories is the largest all-Canadian lake in the Dominion.

Ends a Cold SOONER

by STIMULATION and INHALATION
VICKS
VAPOR

PROVED BY 2 GENERATIONS

Spain Well Policed

Secret Service One Of Most Efficient In Europe

Some Spaniards once remarked jokingly that every third man in Spain is a policeman. As a matter of fact, Spain has one of the largest and most efficient secret police forces in Europe, built up by Primo de Rivera, and maintained and strengthened by his successors.

All the criminals and most of the potential criminals in the country are spotted and are arrested when and if the necessity arises. Foreign anarchists and criminals who slip down over the border to Barcelona are most of them well known to the Spanish police.

Perhaps the most interesting aspect of the secret police's work is the political. It is almost literally true that the Minister of Interior hears every political remark of importance that is made in Spain. The government knows pretty well who to have watched, and it is notorious that no group of Spaniards can keep a secret.

Cafe and cabaret girls are said to be paid by the government when they bring in reliable tips. In addition to the Civil Guard, the Security Guards and the municipal police forces, the republic has just added 5,000 assault guards to its roster. They are tall, husky, quick and unafraid. They are drilled in gymnasium tricks and taught that firearms are to be used only as a last resort in any emergency. These assault guards are to be the special police of the republic.

THE RHYMING OPTIMIST

By Aline Michaelis

A MOTHER PRAYS

God, I would keep my son as now. So dear, so undeluded, With innocence upon his brow: A sweet and joyous child!

But since I know that cannot be, May he grow wise and strong, Well-armed in integrity, Relentless foe of wrong.

May he with gladness play his part Within the world of men, With courage ever in his heart And faith to try again!

But, Father, in his breast I pray Leave one unchanging place, Where still a little boy will stay For mother-love's embrace!

Big Mobilization

The manager of a touring theatre of the theatre in a small town where his company was due to appear.

"Would like to hold rehearsal next Monday afternoon at three. Have your stage manager, carpenter, property man, electrician, and all stage hands present at that hour."

Four hours later he received the following reply: "All right. He'll be there."

A Movable Date

Fred—T've a date tonight with that peach you introduced me to. It's her birthday and I've got this necklace for her."

Jack—"She's doing well. Ask her to show you the bracelet I got her for her birthday last week."

More automobiles are being registered in Spain than a year ago.

Little Helps For This We-I

"Are they not all ministering spirits?"—Hebrews 1:14.

May I reach
That purest heaven, be to other souls
The cup of strength in some great agony,
Enkindle generous ardor, feed pure love,
Be the sweet presence of a good diffused,
And in diffusion ever more intense.
So shall I join the choir invisible
Whose music is the gladness of the world.—George Eliot.

Certainly in our own little sphere it is not the most active people to whom we owe the most. Among the common people whom we know it is not necessarily those who are busiest, those who are ever on the rush after some visible change and work. It is the lives like the stars which pour down on us the calm light of their bright and faithful being, to whom we look up, and to whom we look for the deepest calm and courage. It seems to me there is there a reassurance for many of us who seem to have no chance for active usefulness. We can do nothing for our fellow-man. But still it is good to know we can do something for them, to know (and this we may know surely) that no man or woman of the humblest sort can really be pure, strong, gentle and good, without the world being better for it, and without somebody being helped and comforted by the very existence of that goodness.—Phillips Brooks.

New German Oath

A new military oath "in harmony with the new state," has been authorized by the German cabinet. It reads: "I swear by God and this holy oath that I shall loyally and honorably serve the people and the fatherland always, and that as an obedient and courageous soldier I shall be ready at all times to sacrifice my life for this oath."

Girls once used dumbbells to get color in their cheeks. Now they use color in their cheeks to get dumbbells.

DENICOTEA
CIGARETTE HOLDER

DENICOTEA Cigarette Holder describes the nicotine, pyridine, ammonia and resinous and tarry substances found in tobacco smoke.

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Main Street

Dr. Richardson, of Viking, has taken over the dental practice at Irma of Dr. Murray and will from now on visit Irma every Friday where he will continue to work in the rear of the Drug Store.

The weather this week has been wintry enough for anybody—lots of snow, wind and frost . . . and more wind!

So far (Wednesday) Christmas trade this year has been very poor, due no doubt to the bad roads and stormy weather.

Mrs. S. V. Schonert and son John returned from Edmonton on Monday last.

The Irma hockey team ran into a little bad luck coming home from Tofield Monday night. The truck in which they were riding broke down near Holden and the players decided to remain in Holden until E. Simmons came home on the train Tuesday morning for another truck. The boys finally reached home Tuesday evening at 9 o'clock.

Mr. and Mrs. Ted Dallow are receiving congratulations on the arrival of a fine big boy on Thursday, Dec. 14th.

Mr. H. W. Love passed through town last week on his way to Edmonton.

Born to Mr. and Mrs. Chas. Milne at the Wainwright hospital, on December 14th, a daughter.

Mr. and Mrs. M. D. Askin received word this week that their son, Cecil, who has been living in California for a number of years underwent a serious operation in Mayo Brothers hospital, Rochester, Minn., and since then has been threatened with pneumonia. Cecil's brother, Robert, has gone to be with him until the danger point is passed.

Viking Items

Mrs. R. F. Kealey and Mrs. N. C. Graham were visitors in Edmonton last week.

H. B. Rogers motored to Edmonton over the week-end where he visited with friends.

The special holiday boxing card billed for Saturday, December 23rd is creating a lot of interest. Don't miss it.

Chas. Broughton was a business visitor in Edmonton the first of the week.

Mrs. Carey arrived Tuesday from North Dakota, to be with her sister, Mrs. E. B. Hummel, who is very sick.

Mrs. C. G. Purvis returned on Monday morning from Morden, Manitoba, where she has spent the past month with her sister, Mrs. Johnston who has been seriously ill.

Henry Spencer, M. P. spoke in the Elks hall here last Thursday evening on monetary reforms and gave a report on federal matters dealt with at the last session. On account of lack of space a write-up of his address has to be held over until next week.

D. O. Van Sickle, of Calgary, has been paying a visit to his brother F. Van Sickle, our local fox farmer. Frank invites anyone interested to see his silver black foxes or furs on



Health Service

OF THE
Canadian Medical AssociationEdited by
GRANT FLEMING, M.D. — ASSOCIATE SECRETARY

Balanced

In these days of universal economic stress, we hear a great deal about balanced budgets, and most of us have had personal experience in the difficult task of establishing a balance between income and expenditure. There are also other forms of bal-

anced which are important to us. We balance our bodies when we stand and walk, even though we may not attain the degree of dexterity of a tight-rope walker. We should balance our diet, because balanced meals make for physical health, just as balanced budgets make for economic strength. You should belong to that group of

his fox farm one mile east of town.

The Sunburst Motors are giving special excursion rates on their lines during the holidays. Those who contemplate visiting friends or are entertaining friends during the holiday season would do well to note the attractive rates offered by the Sunburst Co.

Mr. J. Bricker, of Lavo, was assisting in the Shoppe-Rite store this week. He is the son of Mr. L. Bricker, mayor of Lavo, and who is the leading merchant in that town.

Rev. Fr. O'Neill, of St. Mary's church, assisted his brother Rev. Fr. J. O'Neill to open his new church at Villeneuve, last Sunday. The new edifice takes the place of one which was destroyed by fire last spring, and the insurance collected enabled the Villeneuve parishioners to rebuild a place of worship without new financing.

Reduced 90 per cent. in cost is the fact. Several radios at Collier Bros. are available at this remarkable reduction. With new tubes, new batteries, there is nothing finer for a present to the whole family. Other desirable radios in latest styles of 2-volt and electric are priced at lowest-ever prices. It pays to come to Collier Bros. on radio. Several bargains in other goods should be seen by Santa. A small wagon for the youngsters, \$10 regularly is now but \$4.00. A few super-fee piers, that any man would prize pocket lanterns, etc. . . . And a Merry Christmas to All.

Report of Irma School.
Junior Room

Grade I—	
Olive Thurston	
M. Winnifred Taylor, teacher.	
Grade II—	
Irene Glasgow	89.5
Doris Gultner	89
Audrey Jones	88
Alma Hill	87
Ros McFarland	85
Kathleen Jones	83.5
Eileen Latner	83
Arnold Larson	80
Grade III—	
Haviland Elford	97
Sadie McKay	90
Mary Levitt	88
Edna Arnold	84
Muriel Wilbraham	83
Tony Soneff	82.5

Ivor Thurston	82
Theodore Hill	80
Frank Baling	79
Marjorie Webber	74
George Latner	60
Grade IV—	
Leo Thurston	80
Walter Larson	74
Lloyd Herbert	Absent
Grade V—	
Marjorie McFarland	91
June Levitt	88
Jacqueline Tate	86
Edna Schonert	85
Marian Higginson	85
Elsie Larson	79
Albert Soneff	79
Evelyn Elford	74
James Soneff	70
Willie Latner	68

"My car is at the door," said an Irma fellow as he called for his girl to take her to the dance. "Yes, I hear it knocking," she replied.

Christmas
and
New Year
Fares

Between all points in Canada

**SINGLE FARE
FOR ROUND TRIP**

CHRISTMAS—Good from 5 a.m., Dec. 23, until midnight, Dec. 25. Return travel limit, midnight Dec. 26, 1933.

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**FARE and one
QUARTER**

Good going Dec. 21, 1933, to Jan. 1, 1934, incl. Return until Jan. 8, 1934.

Apply local Ticket Agent
**CANADIAN
PACIFIC**

people who are neither too careless nor too careful about their diet or other things in life. Just as the spendthrift and the miser are undesirable because they have carried the habits of spending and thrift to extremes, so the gourmand and the food fadist have distorted the normal healthy appetite and have endangered their health in so doing.

Too many people talk of calories, vitamins and minerals without knowing what these words mean. You should either learn what they mean, or else not use them to mystify yourself and your neighbor. More important is it for you to learn how to apply what is known so that you may enjoy a full measure of health.

There is nothing mysterious about the balanced diet. It is called "balanced" because it provides all the elements which the body must secure from foods in order to maintain its health and strength. You can do this without giving thought to calories, vitamins or minerals provided you make sure that each day you include in your diet milk and milk products, green vegetables and fresh fruits, in addition to meat, fish and eggs, potatoes and cereals.

We stress the milk, green vegetables and fresh fruits because these are the protective foods which balance the diet, and because they are the foods which are most often left out of the diet. There is nothing wrong with meat, potatoes, bread and tea, but used without the protective foods, they do not make up a balanced diet. Make sure that you use milk, green vegetables and fresh fruits every day and so have a balanced diet, because that makes the intake equal the output and the balance is health.

The Common Cold

Every fall we have to consider the common cold, not because we wish to do so, but because it forces itself upon our attention. Nearly everyone contracts at least one cold during the year, and so everyone is interested in knowing what he may do to prevent or avoid colds.

We have all noticed how colds run

through a family; first, one member has a cough or a sneeze, and soon all the family are coughing, sneezing and blowing their noses. It seems that whatever the living agent or germ is that causes a cold, it is passed along by those who have colds to those who have not.

The lesson to be learned from this is that the individual who has a cold should be isolated from the other members of the family. Bed is the best place for the person who has a cold; it is best for him and for others. By keeping him in bed, he is kept away from the family, and if his dishes and eating-utensils are boiled, there is comparatively little chance that the disease will spread. It is more simple to use paper handkerchiefs which can be burned; otherwise, handkerchiefs must be boiled.

Persons with colds who refuse to go to bed should cover their coughs and sneezes with a handkerchief, because the germ is present in the secretions of the nose and throat which are thrown broadcast by careless uncovered coughing, sneezing and expectoration. Unless dishes and eating-utensils are washed in very hot water and common drinking-cups done away with, colds are sure to spread. The person who has a cold should never prepare or handle food that is to be used by others.

We can do much to avoid colds by building up our powers of resistance. There does not appear to be any doubt that those who live in overheated rooms, who wear too heavy clothing, and overheat and take little exercise are apt to fall victims to the common cold.

Good general health is our best protection. Good general health comes with proper food, fresh air, plenty of rest, regular exercise, body cleanliness and regular elimination. All of these are just as necessary in winter as they are in summer, and they can be had in winter as in summer.

The common cold occurs chiefly in winter, not because the air is cold at that time, but because we, when the air is cold, are apt to shut ourselves in and live by the hot stove, not getting the exercise we need, while, at the same time eating less fruits and green vegetables which are needed to balance our diet.

Irma Times

Published Every Friday by the Times
Publishers, Irma, Alberta.
E. W. OAKTER, Local Editor

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Hold their Regular Meeting Every

First and Third Tuesday of Each

Month in the I. O. O. F. Hall

Visiting Brothers Always Welcome.

O. A. Lovig, Secretary, Irma.

IRMA I. O. L. No. 3066

Meets the last Thursday in Each

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Worshipful Master J. Jackson

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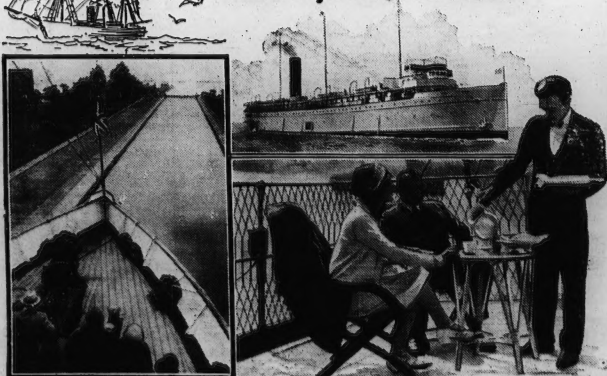
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